THE illustration shows a universally satisfactory ▲ Hub-Mark Overshoe. Like all Hub-Mark Overshoes if is made of the finest stock with special workmanship.

Made in light or heavy weight, high and low styles. Hub-Mark Rubber Footwear is made in a wide variety of kinds

and styles to cover the stormy weather needs of men, women, boys and girls in town or country.

The Hub-Mark is your value mark,

The World's Standard Rubber Footwear

For sale by all good dealers.

MANY ARE PICKING HARRY LEGORE AS SEASON'S ONE BEST FOOTBALL STAR



Harry Legore of Yale,

With the close of the football season even now almost in view various ideas about All-American selections are floating about and the season's individual star is being picked. They are plenty who not merely assert Harry Legore to be a remarkable football player but the one leading player of the year. Legore's punting, speed and ail-round starring in the backfield have meant much to Old Eli.

### Too Much Food More Dangerous Than Too Little

(Quoted from PICTORIAL REVIEW for November)

7-passenger 6-30 Chalmers. The car of the double cowl, marine lines, long tufted upholstery. Its activity on hills and in city streets has caused wide comment. Sane indesignand sensible in action. Easy on the pocket book.

Until Nov. 30 only \$1280. After that \$1350. A quality car.

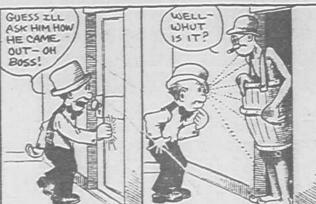
> (All prices f.e.b. Detroit) CHARLES T. COLEMAN, Mgr. COLEMAN GARAGE COMPANY



SCOOP THE CUB











and kidneys and create disturbances in these places. Many people eat as much as a pound of meat daily and suffer the consequences of this over-supply in the form of various aliments. Whenever this amount has been reduced to one-third, the ailments have duced to one-third, the aliments have disappeared. Meat equivalent to one-half pound daily is ample for the man who does a moderate amount of muscular work. A growing boy of sixteen or more of age requires an equivalent amount, while a girl or woman will need about six ounces of

meat each day.

Meats—and by meats are meant the butcher's meats—in the order of their digestibility are beef, mutton, lamb, yeal, bacon and pork. Meat should be eaten only once a day at the heaviest meal. lest meal.

The green vegetables can, to a slight extent, take the place of meat in replacing destroyed tissue. When properly prepared, they supply other sub-stances not found in meat, for the use of special parts of the body. The green vegetables add palatability to the food. They include cabbage, cauliflower, spinach, lettuce, celery, cu-cumbers, asparagus, rhubarb, squash, and onions. To this list may be added others, usually not considered as green vegetables. These are tomatoes, turnips, beets, parsnips and radishes. The most indigestible are cabbage and cucumbers. Eat daily at least two dif-ferent vegetables in this list. Pota-toes, peas and Lima beans, on account of their starch, are classed separate-

The amount of fats and oily sub-stances, starchy foods and sugar to be eaten daily depends on how much work the body is called upon to do. Fats are represented by butter, by the fat of pork, ham, and bacon, by co-coa, chocolate, by the cream of the milk and by oils such as are obtained from ore are present in olives and the nuts.

Not more than two ounces of butter a day should be used by one person.
Four ounces of pork or six ounces of
ham or bacon are sufficient for the daily allowance of a person.

Correspondent Keeps Tab of That Section for Readers of the Telegram.

was the night before election and har opolitical meetings were going on.
It was a treat that no one should have elssed. These lecture courses are cord for the city and they should be etter paracrized as the committee cannot make much progress without the co-operation of the public.

Fred Caudy and another Battimore and the progress is building an eating

and Chio man are building an eating stand at the lower end of the station platform where most of the trains stop. It is a good location and is not more than eight feet from the trains.

W. A. Hoge, of Waynesburg, Pa.
has accepted a position as chief electrician at the Crescent glass factory.

trician at the Crescent glass factory. His family will arrive this week and reside in West Weston."

A teachers' district institute will be held at Georgetown Friday, beginning at 10:39 a. m. with a fine program.

W. M. McCudden, while working on the Gaston farm on Duck creek Monday evening for the West Virginia Central Gas Company met with a very painful accident, breaking his thumb on the left hand and mashing the first factor on the right hand. Benjamin

WEAK, NERVOUS OHIO WOMAN

er on the right hand. Cayton brought him to Weston in a

Made Well by Deficious Vinol
Bellefontaine. Ohio.—"My blood
was very poor—I was in a weak, nervous, run-down condition. I tried
different remedies without benefit
and one day my druggist told me
about Vinol. I tried it and it built
me up in every way—blood, strength
and nerves, and I tell my friends it
is the best medicine on earth."—Mrs. is the best medicine on earth."-Mrs

Earl Brunson. Virol, which contains beef and cod liver peptones, iron and manganese eptonates, and glycerophosphates, sharpens the appetite, aids digestion, enriches the blood and in this natural manner creates strength-Stone and Mercer, Druggists, Clarksburg, W Va. Also at the leading drug store in all West Virginia towns.—Adver-

# A SENSIBLE CIGARETTE IS EASY TO "DIGEST"

No word can describe that mean feeling which often follows smoking a poorly-blended but otherwise good cigarette. Such a cigarette might be called "indigestible." On the other hand, Fatimas always give comfort. They "digest" easily, smoothly as only a delicately balanced Turkish blend cigarette can. And best of all, Fatimas leave a man feeling fine and fit-yes, even after a longsmoking day. That's why men call Fatimas "sensible".

Liggett & Myers Tobacco Co.



# BLE CICARE

To keep disk phonograph record. clean an inventor has patented a small brush to be mounted in front





Elmer "Cupid" Black.

"Cupid" Black, Yale's captain and star linesman, is one of the real heavy weight of the pigakin pastime and though not long on speed is a powerful insurament for the Blue in many of their best plays. "Cupid" will have every chance to use his large frame when the Bulldog battles with the Tiver November 11.



## FINE TAILORING

We have the greatest line of Woolens ever shown in Clarksburg. Our tailoring is done in our own sanitary shop. We of journeyman tailors that can be procured anywhere.

Call and let us show you how we make them.

Bloch Taile

Pike Street.

Masonic Temple